

ABSTRACT OF THE DISCLOSURE

A method and composition for reducing ghrelin levels in a person or other mammal. The method involves administration of a composition incorporating (-) hydroxycitric acid in an amount sufficient to decrease the ghrelin levels in a person or other mammal. The composition comprises (-)hydroxycitric acid in an amount sufficient to decrease the ghrelin levels in the person or other mammal. The composition of the method and related composition can also incorporate gymnemic acid, green tea extract, and oxygen coordinated niacin-bound chromium. The method and related composition are effective in reducing ghrelin levels in a person or mammal, which decreases feelings of hunger in a person or other mammal and allow for effective weight management.